EX-BLUE JAY HIT WITH AIDS ALLEGATIONS, PG7

Hot peppers
expressive thai cuisine
YES!
THAI FOOD DELIVERY
AND CATERING
7 DAYS A WEEK!
613.233.4687
www.hot-peppers.ca

The world's largest global newspaper
metro
OTTAWA • THURSDAY, FEBRUARY 12, 2009 metronews.ca

JOHNNY FARINA
RESTAURANT
BAR LOUNGE
NOW OPEN
JOHNNY FARINA
216 Elgin Street • 613-565-5155

Vancouver **Games**

Countdown to 2010

Comment & Views
- **The politics behind the Games, pg 6**

Canada
- **One year to go, pg 3**

Sports
- **Canada's medal hopefuls, pg 7**

Tomorrow's Metro
- **Unveiling the Olympic torch**

Valentine's **Day**

Matters of the heart

Valentine's Day
- **Make her swoon with these gift ideas, pg 12**
- **Gifts to make him blush, pg 13**
- **Heat up the morning with breakfast in bed, pg 13**

Metro Homes
- **Romantic decor, pg 9**

Food
- **Show you care by making your sweetheart decadent chocolate-fudge brownies and then toast your lover with some bubbly, pg 10**

Style
- **Spice it up in scarlet under and overwear, pg 11**

Entertainment
- **Surviving Mandatory Romantic Gesture Day, pg 17**

Tomorrow's Metro
- **A selection of the worst love songs and Alan Cross reveals why some romantic ballads can misrepresent your true intentions.**

Final sprint **Vancouver Olympics in 365 days**

KARL MEDIG/FOR METRO CANADA

From left, Whistler Mayor Ken Melamed, VANOC CEO John Furlong, Swatch CEO G.N. Hayek, IOC president Jacques Rogue, Omega president Stephen Urquhart, B.C. Premier Gordon Campbell, IOC co-ordination commission chair Rene Fasel, and Federal Minister of State for Sport Gary Lunn pose by the Olympic Countdown Clock at the Whistler Sliding Centre to mark the one-year countdown to the 2010 Olympic Games. Story, page 3.

Refund plan up in air

No free ride till end of March for December pass holders

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

The December refund plan for transit riders has been left in limbo after city councillors were unable to find agreement on the price to be paid for the incentive program.

Unable to reach an agreement on the $11.35 million bill for the proposed transit ridership plan, city council has delayed its decision for at least two weeks, but a special meeting may be called sooner.

The proposed plan, as advertised on the OC Transpo website, offered December pass holders a free ride until the end of March and EcoPass holders would not receive paycheque deductions until the end of April.

For the time being, that is no longer the plan.

In the absence of a plan, OC Transpo general manager Alain Mercier said they would resort to a default refund program, where December passes would no longer be valid as of the end of February.

Mercier said they would essentially commence the refunding of December passes or provide a service exchange.

Pay-as-you-go

- Non-pass holding transit riders will start paying for transit again Monday.

"The likelihood would be that we would then communicate to passengers that their December fare would be valid to the end of February to use up some of that refund and the balance of the refund would be applied to a March pass," said Mercier.

On March 4, OC Transpo will table a new 2009 transit budget. City treasurer Marion Simulik promised they would not be bringing back recommendations that would increase the tax rate.

"We would either look at ways to reduce some of the expenditures or bring in one-time sources of revenue to make sure that envelope does not alter," she said.

ShareYourViews
ottawaletters@metronews.ca

Five injured in two stabbing incidents

TRACEY TONG
tracey.tong@metronews.ca

INVESTIGATIONS Two separate stabbing incidents within a 15-minute time span Tuesday night sent five people to hospital with serious injuries.

At around 9 p.m., police and paramedics were called to the 100 block of Woodridge Crescent near the Bayshore Shopping Centre in the city's west end, where they found two males suffering from stab wounds, police said yesterday.

Two males were approached by a group of at least four other males, said Ottawa police Const. J.P. Vincelette.

An altercation allegedly ensued and two males were seriously injured, he said.

While one victim is in critical condition in hospital, the other is in serious condition.

Police were interviewing the victims yesterday, but as of yesterday afternoon, there were no arrests, Vincelette said.

At around 9:15 p.m., police and paramedics attended an incident in the 1000 block of Harkness Avenue at Pauline Vanier Park in the city's south end.

Paramedics treated one male victim for a stab wound to the leg and a second male for facial lacerations. Paramedics said a third person was also treated.

Vincelette said police arrested six people in the incident, but no charges were laid as of yesterday.

CANADA'S MOST RELIABLE NETWORK
FEWEST DROPPED CALLS | CLEAREST RECEPTION
rogers.com/reliable
ROGERS™

Most reliable network claim refers to call clarity and dropped calls test results as conducted by Rogers and a recognized third-party research company in the majority of urban Canadian centres within the Rogers Wireless footprint, comparing services of other major wireless providers.
™Trademarks of Rogers Communications Inc. used under license. © 2009 Rogers Wireless.

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

Luncheon aims to promote science's role in the economy
Held at the Chateau Laurier today, the International Science and Technology Partnerships Canada luncheon will show how current international science partnerships are helping Canada's economic future. METRO OTTAWA

Local

Outdoor fundraiser

Stittsville Rotarians are taking their fundraising efforts to extreme levels by spending 48 hours outdoors. On Feb. 27, club members will station themselves at Village Square Park and live off the contents of a Shelter Box, which includes a tent, sleeping bags, cooking supplies, a multi-fuel stove, tools, water jugs and purification tablets to raise $10,000 to buy Shelter Boxes, which includes all the essentials necessary for up to 10 people to survive the aftermath of a natural disaster. METRO OTTAWA

Finding alternatives to ER

Program aiming to reduce wait times for patients without doctors

TRACEY TONG
tracey.tong@metronews.ca

Ottawa residents without family physicians will soon have alternatives to the emergency room as the province prepares to launch a new program.

A toll-free number to connect patients with registered nurses, an ambulance offload program to free up paramedics, and Wait-at-Home and Stay-at-Home programs are just some of the programs designed to give people other options than going to the emergency room, leaders with the Champlain Local Health Integration Network (LHIN) said yesterday.

The Champlain LHIN discussed the province's new Health Care Connect program — to be launched later this week — which is designed to improve access to family health care and enhance emergency room performance.

TRACEY TONG/METRO OTTAWA

Champlain Local Health Integration Network emergency department LHIN lead Dr. Louise McNaughton-Filion, right, speaks at a technical briefing yesterday.

"Our LHIN has many challenges," Champlain LHIN Emergency Department LHIN lead Dr. Louise McNaughton-Filion said. "And I'm not the first to say that wait times need improvement."

The Champlain LHIN ranks eighth out of Ontario's 14 health networks in its length of ER stays. The average length of stay last October was 9.8 hours.

The province is launching a new toll-free hotline for residents without family doctors. A call will connect a patient with a registered nurse, who will triage the call and prioritize the patients based on medical need.

Although it will be a phone service to start, it will move online by the end of the summer, she said.

The nurses, or care connectors, will also hook up patients and physicians that are able to take on new patients, executive director of the Champlain Community Care Access Centre Sheila Bauer said. Approximately 900,000 people in Ontario are currently without a family physician, Bauer added.

The Wait-at-Home program allows people to wait for a long-term care bed, while the Stay-at-Home program provides more care to people who are high-risk for going into hospital, said Chantale LeClerc, senior director of the Champlain LHIN.

The ambulance offload program, already in place at the General and Civic campuses of the Ottawa Hospital, takes the load off emergency room wait times by having nurses start care upon the patient's arrival in emergency, freeing up paramedics, McNaughton-Filion said.

Teenager charged with thefts

TRACEY TONG
tracey.tong@metronews.ca

ARREST Ottawa police have charged a 17-year-old male in relation to thefts from vehicles in the city's west end.

At 3 a.m. on Sunday, officers responded to a call of males who were allegedly breaking into vehicles in the Beatrice area of Barrhaven, police said yesterday.

They arrested two suspects and recovered a DVD, a digital camera, cellphone, and two GPS units.

Police charged a 17-year-old male with two counts each of theft, possession of property obtained by crime and mischief.

Another 17-year-old male was issued a warning under the Youth Criminal Justice Act.

Man charged in sex assault

Ottawa police have charged a city man with sexual assault and sexual interference in connection with an incident last month.

At 8:30 a.m. on Jan. 9, a 14-year-old girl was walking on Lees Avenue when she accepted a ride by a man employed by a private transportation company to drive children to school, police said yesterday.

Police alleged that once the girl was inside the vehicle, the man inappropriately touched her.

Ibrahim Aaden Ali, 34, appears in court today.

TRACEY TONG/METRO OTTAWA

Scheduling forces overtime pay

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

TRANSIT Scheduling issues on the first day buses returned to the road resulted in drivers being called in at the last minute to cover 85 shifts, many at overtime pay.

"Some of those would have been on overtime, some would have been on extensions of regular time," OC Transpo general manager Alain Mercier said yesterday.

Mercier said that by Friday morning, they realized they would be short shifts and were calling people in all day Friday to fix the schedule.

"As we anticipated at the very beginning, there would be a few little glitches in the system. That's normal."
OC Transpo general manager Alain Mercier

"We were left with about 12 hours to get Saturday up and running," Mercier said.

Aside from that glitch at the beginning, Mercier said the first five days of transit has been a success.

After sitting for nearly 60 days, there were a number of small defects on the road, but Mercier said the spare buses were able to pick up that slack and no routes were cancelled.

Mercier said they have allocated around 65 per cent of extra buses to deal with excess demand.

"As we anticipated at the very beginning, there would be a few little glitches in the system," he said. "That's normal."

News in brief

INJURY A female pedestrian was injured after ice fell from a rooftop yesterday afternoon. The woman was walking on Bank Street when a piece of ice fell from a building, scraping her head and hands, said Ottawa paramedic spokesman J.P. Trottier.

TAXES City council is moving the tax due date ahead a couple of weeks to March 30, in order to cut $950,000 from the transit deficit.

METRO OTTAWA

metronews.ca
WHAT'S ONLINE TODAY

Video Former prime ministers weigh in on Canada's sagging economy at **metronews.ca/canada**

Video Hockey legend Guy Lafleur will stand trial for obstruction of justice at **metronews.ca/canada**

Lotteries

Lotto 6/49: 1, 6, 17, 19, 41 & 42. Bonus 31.
Ontario 49: 3, 18, 20, 28, 33 & 48. Bonus 45.
Ontario Pick 3: 9 1 2; **Ontario Pick 4** : 4 8 3 0
Encore: 6344538
Daily Keno: 11, 13, 14, 17, 20, 22, 27, 29, 30, 38, 39, 41, 46, 51, 52, 54, 55, 57, 59, 67.
These results are not official.

GOODBYE BUSH!
Our most spectacular special promotion ever! It's historical.
Free laser bikini hair removal treatment (value $125). Embrace change.
Call 613 233 7546 for details or visit www.dermisworld.com
dermis
advanced skin care

No pay raise for federal judges
Canada's 1,000 federally-appointed judges, who were seeking to push their remuneration to $307,000 by 2011, were told yesterday they must live with salary restraints similar to other public servants. The base pay for most is currently about $260,000, and the hike would have represented an 18 per cent increase. **TORSTAR NEWS SERVICE**

Canada

Lafleur to stand trial

A Montreal judge yesterday ordered hockey legend Guy Lafleur, left, to stand trial on charges of obstructing justice. Lafleur's lawyers tried to have the charges thrown out because police arrested Lafleur instead of issuing a simple summons, but the judge disagreed. The obstruction charges stem from conflicting testimony given by Lafleur at the September 2007 trial of his son, Mark. METRO NEWS SERVICES

2010 Olympic budget called into question

ANDREA WOO
for Metro Canada

VANCOUVER
2010 **Games**

Vancouverites will pay an unforeseen price in the years following 2010's five-ring circus, a B.C. expert is warning.

Zuzana Fromm, an economics professor at British Columbia Institute of Technology, said it's possible the B.C. government will either raise taxes or cut spending from programs such as education or health care to pay for the Games' net cost.

"The money's got to come from somewhere if they're going to keep a balanced budget and not increase the size of the provincial debt," said Fromm, who authored the 2006 report Economic Issues of Vancouver-Whistler 2010 Olympics.

Premier Gordon Campbell maintained that the province will stay within its $600-million budget; however, B.C. auditor general Arn van Iersel said the total cost will hover around $1.5 billion for the province and $2.5 billion for all of Canada.

This figure is on top of VANOC's $1.76-billion operating budget — recently raised from $1.6 billion — and includes items not in official Olympic estimates such as infrastructure upgrades, $580 million in competition venue construction and the $875-million athlete's village, which VANOC has said is a public development the committee is only leasing for the Games.

While VANOC insists the Games are on budget, some see the committee's proposal to hand out alpine and Nordic event medals at Whistler venues rather than the $13.6-million, purpose-built Olympic celebration plaza — which would shave off only about $5 million from operating costs — as a sign of just how critical the numbers have become.

History lesson

- Most Olympic cities carry hefty debts following the Games: It took Montreal 30 years to pay off its $1.5-billion Olympic Stadium; Turin owed nearly $196 million US; and Athens was in the hole for $17 billion US.

Vancouver **Olympic campaign**

KRISTEN THOMPSON/METRO CANADA

Staff at Molson's Kitsilano, B.C., brewery celebrate the unveiling of the 2010 Mural Project yesterday. Tens of thousands of photos of Canadians will be added to the giant collage ahead of the Olympics. Any Canadian of legal drinking age can upload a personal photograph at 2010muralproject.ca.

Next year of training will be 'intense': Olympian

KRISTEN THOMPSON
Metro Canada

TRAINING The Olympics are likely on the minds of most people in Vancouver and Whistler today, but no one more so than the athletes hoping to compete.

Canadian ice dancer Shae Lynn Bourne, who skated in the '94, '98 and '02 Winter Games, said the only way to describe the countdown year for an athlete is "intense."

"It's such an adrenaline rush when it's a year before because you realize, 'Oh my gosh, my dream is just around the corner,'" Bourne told Metro yesterday.

Bourne said the training schedule and routine likely won't change in the coming year, but athletes will be more focused and driven.

News in brief

VOLUNTEERS A common thread among the more than 60,000 people who applied to be volunteers during the 2010 Games is pride, according to the former Olympic athlete interviewing them. Andy Van Ruyven , who competed in the 1976 Montreal Olympics, is helping to select 25,000 volunteers to work next year's Winter Games as well as the Paralympics. "There are a lot of other people who are new Canadians," he said. "They want to take the opportunity to show off their adopted country and to show how proud they are of Vancouver." **METRO CANADA**

Let the Olympic countdown begin

JEFF HODSON
Metro Canada

WHISTLER Exactly one year from today, Vancouver will welcome the world as the host of one of the planet's largest sporting events, the 2010 Winter Olympics.

The one-year countdown began last night in Whistler, B.C., where hundreds of people gathered to watch as, at 6 p.m. local time, the Olympic Countdown Clock turned to 365 days remaining before the opening ceremonies get underway at B.C. Place Stadium.

Jacques Rogge, president of the International Olympics Committee, who was in Whistler yesterday to mark the countdown, said he is "extremely pleased by the progress of this organization."

"All of the infrastructure is almost ready, we are in the full phase of testing events," Rogge said. "Everything bodes well for the future of the Games."

This morning, the world will get its first glimpse of the Olympic torch and torchbearer uniform during an unveiling ceremony in Whistler. The torch relay begins Oct. 30 in Victoria, B.C. It hits Ottawa on Dec. 12.

Looking for Work Experience?

Are you between 15 and 30 yrs of age?

Out of school and out of work?

20-week paid placement at Bayshore or Carlingwood Shopping Centres

Call the Youth Retail Employment Program:

613-820-4922 ext. 364 and 588

Funded by The Government of Canada.

Canada Centre de santé communautaire Pinecrest-Queensway Community Health Centre

BOOK NOW FOR MARCH BREAK CAMPS!
MAR. 16-20 | AGES 6-15

MAIN CAMPUS
35 GEORGE ST.

ORLEANS CAMPUS
1490 YOUVILLE DR.

130 OSA EAO OTTAWA SCHOOL OF ART ÉCOLE D'ART D'OTTAWA

613.241.7471
www.artottawa.ca

FRENCH/ENGLISH/SPANISH
Language Training Services

Fait parler le monde
da mucho que hablar al mundo
gets the world talking

Preparation for the new Public Service Commission's Official Languages Tests
Computer Exercises – Listening Exercises – Oral Interview Simulations according to the new Oral interaction test format (2008)

- French Immersion Programs in Jonquiere, Quebec with home stay accommodations
- French Immersion Program and Oral Interaction test (2008) preparation in Saint-Jean-sur-Richelieu, Quebec with home stay accommodations

Current and Updated Preparation Materials – our materials for test preparation are regularly updated and/or revised according to the Public Service Commission's latest specifications.

A Great Track Record – over one thousand students have achieved their language goals at CLCJ. References are available upon request.

Contact us: www.languages-jonquiere.ca

Ottawa Tel: 613.566.7004 or 1.866.566.7004
E-Mail: cl.ottawa@cjonquiere.qc.ca

Gatineau Tel: 819.777.9393
E-Mail: cl.gatineau@cjonquiere.qc.ca

Peanut firm owner refuses to testify on salmonella

The owner of Peanut Corp. of America, the company blamed for a salmonella outbreak that may have killed eight people, refused to answer questions before Congress yesterday, while internal company memos showed him complaining about loss of profits while the scare was investigated. REUTERS

World/Business

Octuplets mom, kids go into hiding

CONTROVERSY California's octuplets mom has gone into hiding with her six older children, ages two to seven, because of death threats, her spokesman said yesterday.

Nadya Suleman, 33, has come under mounting ridicule for expanding her already large family via fertility treatments that led to the Jan. 26 birth of six boys and two girls.

That criticism has mushroomed as it was reported that she was divorced, living with her parents, unemployed for several years, receiving disability checks for three of her children — one of whom is autistic — and collecting nearly $500 a month in food stamps.

Suleman's spokesman said she and the PR firm have been deluged with hostile messages about her "taking advantage of the system." REUTERS

Political gridlock after Israeli vote

ELECTION Israel headed for political gridlock yesterday with both sides declaring victory in an election.

Foreign Minister Tzipi Livni's centrist Kadima party won with 28 seats, but had little chance of building enough support for a coalition. Right-wing opposition leader Benjamin Netanyahu, with 27 seats, can get the backing of the majority rightists in parliament, but analysts said the likely alliance would prove dysfunctional. REUTERS

Stimulus finalized at $789B

U.S. congressional negotiators yesterday reached a deal on $789 billion US in emergency spending and tax cuts, handing a big victory to U.S. President Barack Obama in his effort to pull the economy out of a steep tailspin.

Negotiators in the House and Senate overcame an apparent last-minute snag on funding to help states plug growing budget deficits and money to renovate schools that Obama had sought.

By the numbers

- About 36 per cent of the package is in tax cuts; the rest is in spending. Individuals will receive $400; couples will receive $800.
- A Republican senator said a $54-billion fund will help states plug growing deficits and modernize schools.

The huge package is aimed at reversing a deep recession and news of the compromise sent U.S. stock markets higher. A majority of negotiators approved the deal, possibly setting up votes in the House and Senate today, but the timing could slip.

Obama said in a statement the deal would help save or create millions of jobs and "provide immediate tax relief to families and businesses, while investing in priorities like health care, education, energy and infrastructure that will grow our economy once more." REUTERS

Oklahoma **Tornado aftermath**

JESSICA RINALDI/REUTERS

Dylan Franks, 2, plays amid tornado damage in Lone Grove, Okla., yesterday. A tornado killed eight people and injured 14 when it struck the small town Tuesday night. Up to 30 people were still missing, officials said. Local media are reporting the death toll could climb to 15.

News in brief

CHINA After its human rights record was discussed at the United Nations, China rejected calls to end the death penalty and agree to enforce rights.

SANCTIONS The U.S. Treasury has imposed sanctions on the Tamil Foundation, alleging they are a support network for the Tamil Tiger rebel group.

STUDY Climate change is pushing more birds in Canada, scientists say. Over a 40-year period, more than half of 305 common species shifted north. REUTERS

Business

Canada posts first trade deficit in years

Canada unexpectedly posted its first trade deficit in almost 33 years in December on plunging exports and weakness in the crucial U.S. market, prompting analysts to predict the days of regular multibillion-dollar surpluses were over for the time being.

Statistics Canada said yesterday that the December deficit was $460 million, the first deficit since the $79 million recorded in March 1976. Analysts had on average predicted a surplus of around $800 million after the $1.16 billion surplus in November.

The figures demonstrate just how seriously the global crisis is hurting Canada, a leading commodity producer that relies heavily on trade with the United States. They also reflect the impact of lower energy prices.

Exports plunged by 9.7 per cent to $35.30 billion — the fastest month-on-month decrease since the 14.2 per cent recorded in October 1982 — on the falling value of energy products and industrial goods. REUTERS

U.S. exports

- Exports to the United States — which takes around 75 per cent of all Canada's exports — dropped by 10 per cent.

RIM sees profit at lower end

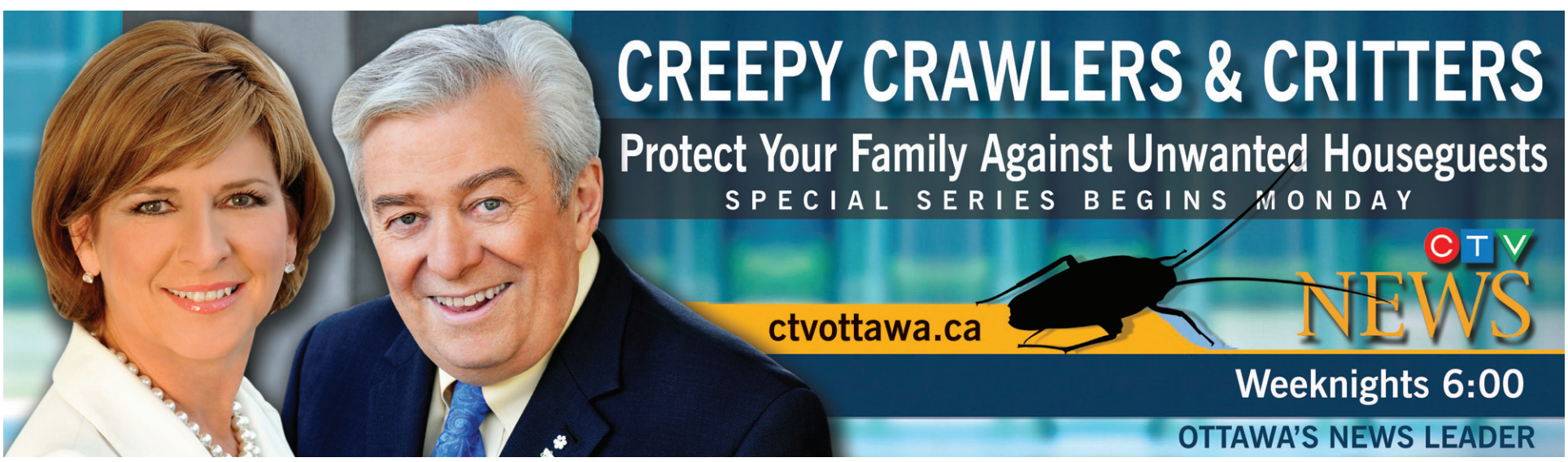
EARNINGS BlackBerry maker Research in Motion yesterday forecast profit at the low end of expectations because businesses are not buying its latest smartphone upgrades in the economic downturn.

RIM's shares tumbled more than 15 per cent after the warning, which overshadowed an unexpected jump in BlackBerry subscriptions. The company, which competes with Apple Inc. and Nokia , said net subscriber account additions are running 20 per cent higher than the 2.9 million it forecast on Dec. 18. REUTERS

Business in brief

TELECOM BCE Inc. reported a fourth-quarter loss yesterday of $48 million, reflecting restructuring charges and investment writedowns, but it expects earnings to rise more than five per cent in 2009.

PROFITS WestJet Airlines Ltd. said yesterday its fourth-quarter earnings fell 45.9 per cent to $40.8 million due to the turmoil in the economy that has affected the entire airline industry. REUTERS



express your love

this Valentine's Day, Saturday Feb. 14th!

Offer runs Thursday, Feb. 12 to Saturday, Feb. 14

RECEIVE 20X HBC REWARDS CREDIT POINTS*

When you make a **FRAGRANCE** purchase of $50 or more (before taxes)
When you use your Hbc† MasterCard® or Hbc Credit Card.

OR

Receive **10X HBC REWARDS BASE POINTS**** when you make a **FRAGRANCE** purchase of $50 or more (before taxes).

Offer ends Saturday, Feb. 14th.

AND...

ATTENTION BEAUTY VIP SAVINGS PASSPORT HOLDERS!

BE SURE TO REDEEM YOUR $10 SAVINGS THIS MONTH

Delight yourself or that special someone this Valentine's Day with a treat from our extensive selection of fragrance gifts!

*Total Base points = 20 x (dollar amount x 50). Credit points will be earned in the usual amount, i.e. 50 points per dollar. In other words, you will receive 1000 points per dollar spent.

**Total points = 10 x (dollar amount x 50). In other words, you will receive 500 points per dollar spent.

This offer cannot be combined with any other bonus offer. If you refund the purchase(s) made in connection with this offer, points will be reduced by the bonus amount, using the same formula. Terms and conditions of the Hbc Rewards program found online at www.hbc.com/rewards apply to this offer.

† Registered trademark of Hudson's Bay Company. ® Registered trademark of MasterCard International Incorporated. Used pursuant to license.

BEAUTY *at the Bay*

LOCAL
Marketing Manager, Ian Clark
Distribution Manager, Bernie Horton

NATIONAL
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Art Director, Laila Hakim
Interactive/Mrktng Director, Jodi Brown

Comment & Views

Comment

The conundrum over Afghanistan

Home&Abroad

Andrew Cohen

Canada & world insight

For months, perhaps years, we have heard how the situation in Afghanistan is deteriorating.

The spread of corruption, the return of the Taliban, the ineptitude of the police, the mounting violence, as we saw again yesterday — all suggest a war that seems unwinnable in a country that seems ungovernable.

Last weekend, in Munich, representatives of NATO met to discuss the Afghan war, which has been going on since the fall of 2001.

The United States sent its vice-president, its secretary of state, and its newly appointed special envoy to the region, the highly esteemed former ambassador, Richard Holbrooke.

How bad are things? This is how Holbrooke put it: "Let's not kid ourselves: The task ahead of us is far, far more difficult than anything that has been said this morning. I have never, in my experience in the U.S. government that started in Vietnam, ever seen anything as difficult as the situation that confronts the countries involved in Afghanistan and Pakistan at this point. We've only scratched the surface."

Holbrooke noted, with disdain, the members of NATO who pledge help and deliver none. In the distribution of foreign assistance, he lamented that he has "never remotely seen anything like the mess we've inherited." On the whole, he said, the challenge in Afghanistan is "tougher than Iraq."

(For these references, I am indebted to my colleague, Paul Wells of Maclean's, the only Canadian journalist to cover the conference. He has posted some of the proceedings on his blog).

What Holbrooke says is supported by Ahmed Rashid, the Pakistani journalist and author who has written widely on Afghanistan. In Descent Into Chaos, he says Iraq is a sideshow. Afghanistan is the home of the Islamic insurgency, and we're losing — though he adds that it isn't too late.

And what about Canada, which plans to leave Afghanistan in 2011? Defence Minister Peter MacKay, Canada's lone representative at the conference, offered a few platitudes, but concluded, "the Alliance has achieved notable successes in Afghanistan."

He said, though, that "we still have a long way to go." It neatly sets up the critical question for Canada as the Americans, who are sending more troops to Afghanistan, ask us to reconsider our departure.

Will we note the successes, declare victory and leave? Or will we acknowledge the failures, fear defeat and stay?

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.

Views

Political games behind the 2010 Games

TheWestView

Paul Sullivan

Journalist & Media Consultant

The 2010 Winter Olympics are exactly one year away.

I suspect most Canadians greeted by that news will smile a little and start hoping we win lots of medals, or, if nothing else, gold in hockey.

The last time we hosted the Winter Olympics, in Calgary in 1988, we all had a good time, but Canada didn't win any gold medals.

So the excitement is starting to build across the country.

Here in Vancouver, on the other hand, you'd think we were beset by the plague.

I've never seen or heard anything like it, although it's probably the same in every city awarded the dubious distinction of hosting an Olympics.

The Games have become the scapegoat for every social activist, environmentalist, anarchist, conspiracy theorist, not to mention a vast array of uncategorized unhappy campers.

Now that there's one year to go, that's the signal to ramp up the wailing, the gnashing of teeth.

If you're an environmentalist, it's time to get

VANCOUVER 2010 Games

even more uncivilly disobedient over the loss of animal habitat to make way for improvements to the Sea to Sky Highway to Whistler.

If you're a taxpayer, it's your cue to get increasingly furious that no one really knows how much the Games will cost, but you know you'll get stuck with the bill. Right now, the Vancouver Olympic Committee says it'll cost $1.75 billion, but, of course, you'll choose to believe the critics who say the real cost is closer to $6 billion or $7 billion. Who has the real credibility, anyway? VANOC CEO John Furlong or some blogger?

If you're a social activist, it's time to kick some real butt. Why haven't these billions gone to provide shelter for the homeless, help the sick and feed the poor? Instead of spending $1 billion on a stupid convention centre (when you already have one) just spend it on eliminating homelessness. Spray paint the Olympic countdown clock. That'll teach 'em.

Now, if only we can make it through the next 12 months. Let the pre-games games begin.

Do you agree or disagree? Email Paul Sullivan at ottawaletters@metronews.ca.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting.

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

Losing Your Job – Don' t lose your Health & Dental Benefits too…

Get clear answers:
Guaranteed replacement coverage...**no medical** qualification if you call us within 60 days of termination of employment.

Call Now!

WE ELIMINATE THE FINE PRINT.
(613) 842-8809 | FIRSTRATEINSURANCE.COM
First Rate INSURANCE

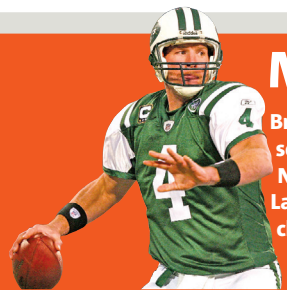
ATTENTION SECURITY GUARDS

• THE SECURITY ALLIANCE GROUP •
has immediate openings for Security Guards, Mobile Patrol Officers, Bar/Restaurant Guards Armed Escorts, Special Events & By-law Enforcement Officers.
Experience preferred but not necessary, training offered.

For an interview call: **613.820.3554**

Walker, Whitt headed to Canadian Hall
Larry Walker and Ernie Whitt lead this year's class of inductees for the Canadian Baseball Hall of Fame.
Bernie Soulliere and the late Roy (Doc) Miller will also be inducted June 20 in St. Mary's Ont. METRO NEWS SERVICES

Sports



Maybe this time it will take

Brett Favre, left, told the New York Jets yesterday he was retiring after 18 seasons, ending a record-setting career in which he became one of the NFL's all-time greats. He or the team does not expect a change of heart. Last March, Favre announced his retirement from the Packers only to change his mind three months later and force a trade to the Jets.
METRO NEWS SERVICES

EDITOR: JOHN CHICK, JOHN.CHICK@METRONEWS.CA

Two in a row for Sens

NHL RESULT

Senators 3 Sabres 1

VS

THE SKINNY: Ottawa scored once in the first, twice in the second and hung on for their seventh road win this season.

20 CLUB: Jason Spezza hit the 20-goal plateau last night for the fourth time in his career.

NICK JONES/REUTERS

Jason Spezza scores as he is hit by Toni Lydman last night.

THE RETURN: Shean Donovan returned to the lineup after missing eight games and scored his first goal in 21 contests.

THE NEXT GAME: Ottawa is back in action tonight against the Flyers in Philadelphia.
MIKE BEASLEY/FOR METRO OTTAWA

One year: 10 to watch in '10

VANCOUVER 2010 **Games**

One year from today, the 2010 Vancouver Winter Olympics begin. Here are 10 Canadian medal hopes to keep in mind:

Jenn Heil, women's moguls
She put Canada on the board with Olympic gold on opening day in Turin in 2006 and there'll be intense pressure on her to do it again in Vancouver when women's moguls once again is on the first day of competition.

Kristina Groves, long track speedskating
She's been racking up impressive results for six years now, but on a team with Jeremy Wotherspoon, Cindy Klassen and Clara Hughes, it's hard for her to get a little attention. But with Klassen and Wotherspoon both trying to come back from serious injury next year, Groves could be the team's star.

Pierre Lueders, two-man bobsleigh
He's going to have hundreds more runs on the Olympic layout in Whistler than his competitors plus he finally has a decent budget for equipment.

Steve Omischl, men's aerials
He's won everything else in his sport: a world title, and three Crystal Globes as the overall World Cup freestyle aerials champion.

Canada's hockey teams
The men will be led by NHL stars like Sidney Crosby and Jarome Iginla and should face their toughest opposition from Russia and Sweden. On the women's side, barring any big upsets it will be Canada vs. the U.S. for gold for the fourth straight Olympics.

Canada's curling teams
Reigning world champion Jennifer Jones is the most likely representative on the women's side, while Glenn Howard and Kevin Martin will probably battle it out among the men.

Kristina Groves

Alex Bilodeau, men's moguls
Jennifer Heil calls Bilodeau her "little brother," but this 21-year-old takes a backseat to no one. They are both coached by former freestyler Dominick Gauthier, who is also Heil's boyfriend.

Patrick Chan, men's figure skating
The world championships next month in Los Angeles will be a big stepping stone for the 18-year-old Torontonian.

Clara Hughes, long track speedskating
She's got two Olympic bronze medals in cycling from the 1996 Atlanta Games and a gold, silver and bronze in Olympic speed skating in '02 and '06.

Tessa Virtue/Scott Moir, ice dancing
It's felt that they've got the goods to win the whole thing in 2010, but that'll be dependent on Virtue being 100 per cent and able to put in the hard training they'll need this summer.
TORSTAR NEWS SERVICE

Bombshell suit alleges Alomar has AIDS

Former Toronto Blue Jay Roberto Alomar is no stranger to the spotlight.

But by any standards, allegations made by a former live-in girlfriend that Alomar has full-blown AIDS are shocking and sensational in the extreme.

Alomar is alleged in a lawsuit to have insisted on having unprotected sex, while claiming repeatedly that he was disease free, with ex-girlfriend Ilya Dall, 31. She makes the charges in a bombshell suit that was reported in the New York media yesterday.

In papers filed in state and federal court in New York, Dall said Alomar, 41, was told repeatedly by doctors to get tested for HIV and finally did so in January 2006. The $15 million US negligence suit alleges: "The test results of him being HIV-positive was given to him and the plaintiff on or about Feb. 6, 2006."

The suit says that on Feb. 21, 2006, Dall observed the following symptoms: "Purple skin, too sick and weak to walk, needed to be in a wheelchair at the airport, was foaming at the mouth, couldn't swallow, and a spinal tap proved (Alomar) was indeed suffering with full-blown AIDS."

Alomar

Alomar has not commented on the suit but his lawyer, Charles Bach, would not say whether Alomar is HIV-positive. "We believe this is a totally frivolous lawsuit," he told the New York Daily News.

"These allegations are baseless. He's healthy and would like to keep his health status private. We'll do our talking in court."

Alomar's father, Sandy, who is a bench coach for the New York Mets told the newspaper from his winter home in Puerto Rico: "That's the first time we ever heard of that," adding that if his son was seriously ill, "I imagine I would know."

"These are allegations. I know nothing more than that," Blue Jays interim president Paul Beeston said. "We all have a great respect for his ability but also the way he carried himself within the team. If he does (have AIDS), he'd have the support of everybody and our thoughts."

Dall's relationship with Alomar began in 2002, according to the suit. Alomar retired in 2005. Around that time, the court papers allege, Alomar told Dall he "was raped by two Mexican men after playing a ball game in New Mexico or a southwestern state, when he was 17 years of age."
TORSTAR NEWS SERVICE

From There.....To Here!
Financial Markets & The Economy Strategies for Successful Women
FINANCIAL SEMINARS FOR WOMEN
Join us to get the financial answers to your questions.
April 1, 2009
11:45 - 1:00 pm • 4:30 - 5:30 pm
Constitution Square - RSVP as seating is limited
A light lunch will be served
Debunking the myths of socially responsible investing.
Where financially responsible meets socially responsible.
LET US HELP YOU ACHIEVE FINANCIAL INDEPENDENCE!
ScotiaMcLeod™
H. Colleen O'Connell-Campbell, CFP, CIM, CDFA, Wealth Advisor
Phone: 613-788-6307 Fax 613-782-6737
colleen_campbell@scotiamcleod.com www.colleenoconnellcampbell.com
™ Trademark used under authorization and control of The Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., member CIPF. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.

HOCKEYCENTRAL
TONIGHT
Join former President, Head Coach and General Manager Doug MacLean and host R.J. Broadhead for highlights, analysis and opinions as they break down the night on ice.
Weeknights 11PM
ROGERS sportsnet Ontario

Workforce numbers

Nearly 600,000 workers were laid off in the U.S. in January, and Canada's workforce shed 129,000 jobs the same month. Predictions are the global downturn won't hit bottom until late this year. **METRO NEWS SERVICES**

Tech Now

Read only

With its slim profile, wireless technology, built-in speakers and a massive online marketplace one click away, Amazon.com Inc.'s Kindle 2 might be seen as a super-gadget, and perhaps an iPod-killer. But Amazon chief executive Jeff Bezos, left, says Kindle is about the printed word, and that's it. The newest version of the reading device, priced at $359 US, was introduced this week. REUTERS

Why is the tech sector such a hard sell with potential employees?

Sector's outlook is relatively bright, but young people aren't buying it

In a tough economy, even tech firms like Sony, Panasonic, Microsoft and Intel are trimming jobs.

Outsourcing of tech jobs remains a reality, but compared to many other sectors, tech sees more growth and lower unemployment.

It's not hard to come up with a list of two dozen Ottawa tech firms that expect to grow in 2009, including Grantium, BelAir, Abbott, Mosaid and QNX.

Young people are staying away from computer-related school courses in droves. Their perception is that tech is a dead sector.

But in Canada, IT employs close to 600,000, nearly triple the auto industry. In both Canada and the U.S., there are campaigns trying to promote tech careers, but it's a tough road.

Started in late 2007, the Canada Coalition for Tomorrow's IT Skills includes a powerhouse lineup of firms, yet they've failed to put the issue on the national agenda.

In a few months, they're supposed to release a survey on what high school students think about tech and then in the fall, run a week of events aimed at attracting young people.

In the U.S., a similar group called Tapping America's Potential admits that after three years of work they've failed to reach their goals.

Some recent reports on the issue provide interesting reading.

• The U.S. Labor Department notes the national unemployment rate is topping seven per cent, but in many tech areas unemployment ranges from two to four per cent.

• The Branham Group is Ottawa-based and tracks tech. CEO Wayne Gudbranson says many tech firms are still growing at a double-digit pace.

• Computer Economics (CE) consulting released a report last week predicting IT salaries in the U.S. will rise two per cent in 2009. CE also predicts that companies laying off staff will keep IT people and use technology to help the staff who remain.

• Dice, a tech career site, surveyed 19,000 workers late last year and reported an average IT pay hike over four per cent.

• Canada's Information and Technology Council reports IT will need 15,000 to 22,000 workers each year for the next several years and we won't have enough people with the needed technical and non-technical skills.

When students consider their future, why aren't more of them considering a tech career?

Website of the week

callingamerica.com

A site offering free VOIP phone calls to any phone in North America. It's ad-heavy, but that's why the calls are free.

Upcoming show

This Sunday, one of the stories on Tech Now will look at why Ottawa is the world's hot spot for protecting the rights of those who invent new technologies.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.

JONES NEW YORK
FACTORY STORE

SAVE THE TAX EVENT

Coats from $49.99
Jackets from $49.99
Suits from $89.99
Dresses from $39.99
Pants from $39.99

JONES NEW YORK
AK ANNE KLEIN
NINE WEST

4 DAYS ONLY!
TODAY THROUGH SUNDAY FEBRUARY 15th

JONES NEW YORK FACTORY STORE
Kanata 613.270.9766
Merivale 613.723.8080
Orleans 613.590.0777

Stores closed for Family Day, Monday February 16th

More online
For more home and condo news and columns, check Metronews.ca.

Metro Homes

More price drops

Contractors' selling prices for new homes declined 0.1 per cent between November and December, their third straight monthly decrease, according to Statistics Canada.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

From homestead to lovestead

HomeScape

To help us celebrate romance, that wonderfully ardent emotional attachment we get when we are in love, we count on Valentine's Day. It often means a fancy meal at home with flowers and chocolates, or in a restaurant, complete with a beautifully set table, candles and a sweet dessert to symbolize the sweetness you feel for that special someone.

But what happens on the day after Valentine's Day? Or after 20 years of marriage? Does romantic love fade away or get lost in the rush of daily living? It certainly can, but it doesn't have to. Romance should be a state of mind, something we strive for in a small way every day.

Decor in your home is one way to emphasize romance throughout the year. Remember that romance has a lot to do with the senses: Smell, taste, what you see, what you hear, and what you touch. So think about décor in the same way.

Romantic decor speaks to the senses, but it's also about introducing warmth and sensuality into your décor. A clean minimalist look with hard edges and surfacing is not romantic, while lots of draped fabric and curved spaces adds warmth and a nod to the human enjoyment of the sensual. For example, throws, pillows and blankets of rich textures, such as a thick brocade, a nubby linen or velvet, look and feel romantic; they invite you to touch. In fact, anything that feels glorious against naked skin is pretty sensual, like a faux fur rug in front of a fireplace, for example.

Draped fabric in deep hues can bring some romance home.

Deep colours that radiate warmth, such as reds, rich purples, deep oranges and browns are warm and inviting. Metal fixtures in a coppery, bronzed or gold colour work better than stainless steel and silver chromed finishes. Red and pink are of course also associated with Valentine's Day, and no wonder. These colours symbolize true love that comes from the heart. Pink is also hot for similar reasons, but also because it speaks to flushes, cheeks, lips — you get the idea.

And while we're speaking of these things, consider the bedroom. The bed is usually the focus of this room, but if you want romance, use lots of fabric and make the bed as inviting as you can. Hanging sheer fabric from the rails of a four-poster bed emphasizes the bed in a lovely way. A coronet canopy (curtains of fabric usually drawn back over a fabric backboard) of a thick, luxurious brocade at the head of the bed has a similar effect. Shirred fabric panels installed over the ceiling or on a wall is another way to introduce warmth and softness.

Fireplaces are romantic in any room, and candles do the same thing. They add that delicious warmth and orangey-yellow light that is so flattering. Flowers are also romantic, for the simple reason that they are beautiful to behold and they can smell heavenly. Scented candles with a delicate scent (not too overpowering please) can add a romantic touch, as can soft and relaxing music. The occasional small chocolate treat to pleasure the tongue is never unwelcome by most people I know.

Finally, I want to wish you all a wonderful Valentine's Day.

Valentine's Day

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

The City of Ottawa opens its doors
to immigration, and invites you to make Ottawa your new home.
Explore ottawa.ca/immigration to find out more about immigrating to Canada's capital.
This project is supported by the Government of Ontario. Ontario

Heaven on earth

"Chemically speaking, chocolate really is the world's perfect food." -Michael Levine, nutrition researcher, as quoted in The Emperors of Chocolate: Inside the Secret World of Hershey and Mars. **METRO NEWS SERVICES**

Food

Green & Black's Organic is the world's first organic chocolate brand. Visit greenandblacks.com/us/recipes.html for recipes using their premium chocolate. Metro News Services

How to get it

Available at most major grocery retailers including Sobeys, Metro, Loblaws and Shoppers Drug Mart, the suggested retail price of Green & Black's Organic bars is $3.89

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

LiquidAssets

Peter Rockwell

liquidassets@eastlink.ca

Bubbly love

Here's a question for all the guys out there. Are you ready for Valentine's Day? I'm betting most of you aren't. Since it's on a Saturday this year there's no excuse for you not to whip up a little brunch in bed for your sweetie accompanied by a glass of some liquid passion.

For me there's no sexier beverage than sparkling wine. The sad part is that bubbly has such an iconic association with New Year's Eve that it's hard for way too many of you to see it as anything other than a rare occasion sipper.

We should all be drinking them more often if for no reason other than they are super food friendly. Whether Beluga caviar, cheese-smothered nacho chips or a plate of eggs and hash browns; a sparkler's pairing potential is unlimited.

When it comes to romance in a glass nothing beats a fizzy rosé and the easy-drinking **Freixenet Cordon Rosado Brut** ($12.95 - $14.59) from Spain is an inexpensive charmer with a relaxed dry cherry flavour.

If you're all about the fruit Chile's **Fresita** ($14.50 - $18.55) is infused with the essence of real strawberries. It's a candied, red berry bomb that's wildly addictive and screams Happy Valentine's Day.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Love by any other name: Chocolate

À la carte

Barb Holland

Metro Food Writer

Valentine's**Day**

It's an indulgence, yes, but chocolate still has calories and size does matter. Savour and enjoy small quantities of really good quality, delicious chocolate.

Ah, Valentine's Day is quickly approaching and to moi, that means a bit of indulgence and, of course, chocolate.

The good news: Yes, there has been a growing body of credible scientific evidence that chocolate contains a host of heart-healthy and mood-enhancing phytochemicals (women know the mood-enhancing part). Cocoa beans are rich in flavanols, natural compounds with antioxidant properties found in red wine, purple grape juice, green tea, cinnamon and dark bittersweet chocolate (to name a few).

However, the more a cocoa bean is processed, the less of these potent flavanols are present. There is a lot of chocolate out there, but the best bang for the nutrition buck is dark chocolate with at least 60 to 70 per cent cocoa.

The not-so-good news: It's an indulgence, yes, but chocolate still has calories and size does matter. Savour and enjoy small quantities of really good quality, delicious chocolate.

Heart Healthier Fudgy Brownies

February is also Heart Month, so in that vein, here is a recipe that satisfies the chocolate-calling voice and is lower in fat and calories. Low fat unsweetened cocoa powder adds a depth of chocolate flavour and ripe banana provides moistness and texture with just a hint of banana flavour.

INGREDIENTS:

- 1 oz (30 g) good quality bittersweet chocolate, chopped
- 2 tbsp (30 ml) butter
- 1 cup (250 ml) granulated sugar
- 1/2 cup (125 ml) mashed ripe banana (1 large banana)
- 1 egg
- 1 tsp (5 ml) vanilla
- 1/2 cup (125 ml) all-purpose flour
- 1/4 cup (60 ml) unsweetened cocoa powder
- 1/2 tsp (2 ml) baking powder
- 1/4 tsp (1 ml) salt

METHOD:

Preheat oven to 350°F (180°C). Spray sides of an 8-inch (20 cm) square baking pan. Line bottom and two sides with parchment paper (to make a parchment paper sling for easy removal).

Combine chocolate and butter in medium glass bowl. Microwave at Medium for 1 minute or until butter is melted. Stir until chocolate is completely melted. Stir in sugar, then mashed banana until blended. Beat in egg and vanilla until smooth.

In a smaller bowl, combine flour, cocoa, baking powder and salt; stir into chocolate mixture until dry ingredients are completely moistened. Spread evenly in prepared pan. Bake 25 minutes or until toothpick inserted in centre comes out clean.

Cool pan on wire rack 10 minutes. Run spatula around edges, carefully lift parchment paper sling of brownies to wire rack to cool completely. Cut into 16 squares.

Nutritional information per square: Calories: 106; Fat: 2.8 g; Carbohydrate: 20 g; Protein: 1.25 g; Fibre: 1 g.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

This recipes satisfies the chocolate craving but is lower in fat.

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Turkey Meatball Soup

INGREDIENTS:

- 3 cups (750 ml) sodium-reduced chicken broth
- 2 green onions, sliced
- 1each rib celery and carrot, sliced
- 1/4 tsp (1 ml) each pepper and dried thyme
- 1 sweet red pepper, chopped
- 1 cup (250 ml) vermicelli egg noodles
- 1/2 cup (125 ml) frozen peas, thawed

Turkey Meatballs:

- 1 egg
- 1/4 cup (50 ml) grated onion
- 1/4 cup (50 ml) grated Parmesan cheese
- 2 tbsp (25 ml) minced fresh parsley
- 1/4 tsp)1 ml) each salt and pepper
- 1 lb (500 g) lean ground turkey or veal

METHOD:

Meatballs: In bowl, combine egg, onion, Parmesan cheese, parsley, salt and pepper; mix in turkey. Shape by 1 tbsp (15 ml) into balls. Bake on greased baking sheet in 400°F (200°C) oven until digital thermometer inserted in centre of several reads 165°F (74°C), about 15 minutes.

Meanwhile, in large saucepan, bring broth and 3 cups (750 ml) water to boil. Add green onions, celery, carrot, pepper and thyme; reduce heat, cover and simmer for 10 minutes.

Add red pepper, egg noodles and meatballs; simmer, covered, until pasta is al dente, about 5 minutes.

Add peas and heat through.

nutritional info

- Makes 4 to 6 servings.
- Per each of 6 servings: about 198 cal, 19 g pro, 9 g total fat (3 g sat. fat), 10 g carb, 2 g fibre, 100 mg chol, 560 mg sodium. % RDI: 8% calcium, 13% iron, 34% vit A, 62% vit C, 12% folate.

For more great recipes, visit metronews.ca.

Hot accessory
Stay up to date on news and fashion with the HP Mini 1000 Vivienne Tam Edition digital clutch, $799.99. Available at Best Buy. **KIM ELBO/FOR METRO CANADA**

Style

A fragrance that says it all

Send an intimate message to your sweetheart this Valentine's Day with Gapbody's unisex, proactive scent, The Lover ($42). It is a velvety apricot-fused scent with shimmering mint leaf and sexy patchouli notes. The understated, elegant bottle comes inscribed with the fragrance's name and its meaning: "The Lover: 1. An individual who thrives on human connection. 2. A person who desires another. 3. Someone motivated by their heart. 4. One who is consumed with passion." METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Valentine's Day details

Country Lace
Designer: Lily & Jae
Price: bra $40, panties $36
Shop: Hot Box Accessories
hotboxbc.com

Naughty Dots
Designer: Third Floor Designs
Price: bra $48, panties $38
thirdfloordesign.com

Bedroom Mix Up
Designer: Freya
Price: bra $120, panties $65
Shop: Dianes Lingerie
ferrisinternational.ca

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Style File

Underwear

If you're planning a romantic weekend, don't forget the details. What you wear under the dress is just as important as the dress itself. Keep things simple and sweet and match your floral or heart dress with a floral or heart bra and undie set. If you're not into the girly frills of flowers and lace, then ease into something like boy shorts and subdued polka dot patterns.

Paint the town red

Valentine's**Day**

Besides it being one of spring's hottest emerging colours, throw on a little rouge in celebration of Valentine's Day. METRO NEWS SERVICE

Synthetic leather purse with heart lock and key charm, Aldo, $45.

Printed scarf, Old Navy, $14.50.

Red blouse, Le Chateau, $69.95.

Red scoop-neck T-shirt, Smart Set, $14.

Town Shoes label, patent leather $125

Trench coat, Smart Set, $75.

Elsa Peretti lacquer bangle, Tiffany & Co., $485,

Global**Style**

Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenyastyle.com

For kissable lips
Nivea LipCare CareGloss & Shine, left, comes in red and pink. Available at major drug, pharmacy and mass merchandise stores across Canada for $3.59 each. For more, go to nivea.ca. **METRO NEWS SERVICES**

Valentine's Day

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

All for love

Show her you love her — without breaking the bank

#1

#2

#3

#4

#5

#6

#7

#8

#1 Diamonds are forever

Visit: walmart.ca
10K diamond heart pendants in white gold ($89.88 each), at Wal-Mart.

#2 For the love birds

Visit: foxyoriginals.com
Love Bird necklace with Swarovski crystals, by Foxy Originals ($32).

#3 Candy kisses

Visit: shoppersdrugmart.ca
Belgian chocolates, Le Chocolat Valentine's Collection ($9.99).

#4 Happy times

Visit: timex.ca
Timex Crystal Collection watch ($120). At The Bay and Sears.

#5 Shower her with love

Visit: sephora.com
Philosophy Hot Dots Shower Gel, exclusively at Sephora ($21).

#6 An apple a day

Visit: fruits-passion.com
Effervescent Hearts for the Bath, in Apple Illusion scent ($6.50).

#7 Fun and games

Visit: chapters.indigo.ca
This Scrabble Heart Edition ($19.99 SRP) is available at Chapters Indigo.

#8 X-rated treat

Visit: xratedfusion.com
X-Rated Fusion Liqueur ($35.55 SRP). Perfect with champagne, or over ice.

The best selling We-Vibe, designed in Ottawa...
... great for couples!
Show this ad for 10% off
venus envy
320 Lisgar Street. 613-789-4646
To order: 877-370-9288 or www.venusenvy.ca
Offer expires February 28th.

"A GENUINE HEARTFELT ROMANCE. THE LANE-GERE FUSION IS SO GOOD!"
– Rex Reed, THE NEW YORK OBSERVER

OWN IT TODAY
ON BLU-RAY HI-DEF AND DVD

© 2009 Warner Bros. Entertainment Inc. All Rights Reserved.

Sweet treat
Kit Kat Senses combines wafers with a hazelnut cream filling. Available at grocery and retail outlets for $1.09 to $1.29 per bar. **METRO NEWS SERVICES**

Make him blush

#1 All about romance

Visit: gapcanada.com
Heart-Stamped Boxers in soft cotton ($18), available at Gap.

#2 For the coffee lover

Visit: hallmark.com
My Guy mug ($9.95), available at Hallmark Gold Crown stores.

#3 Timeless love

Visit: longines.com
Men's Longines Admiral 24-Hour watch ($2,950 to $3,300).

#4 Make a splash

Visit: lush.ca
Hello Sailor gift set includes sea salt shower scrub rub ($12.95).

#5 Capture his heart

At electronics retailers
This Olympus FE-360 camera has 3x optical zoom and 8 megapixels ($129).

#6 Fun and frugal

Visit: walmart.ca
Men's heart boxers ($7 for a pack of two), available at Wal-Mart.

A breakfast to remember

If you'd prefer to celebrate Valentine's Day by doing something different, why not surprise your sweetie with breakfast in bed?

Executive chef Brad Moore of SCHOOL offers the following advice:

Plan a simple menu
If you do this with fast recipes, you can secretly prep the night before or put the dishes together quickly in the morning.

Choose seasonal produce
When picking fresh fruits, choose those that are in season and top quality for taste and freshness. Fresh grapefruit from Florida is at the height of its season during February, making it a tasty pick to start the day. As an added bonus, grapefruit contains important antioxidants that may help reduce the risk of cardiovascular disease.

Presentation is everything
A nice tray with a cloth, folded napkins, handwritten love note and a single flower go a long way to transforming a basic breakfast into a memorable experience. Ensure your food is presented neatly with lots of colour to bring an instant smile on your partner's face.

NEWS CANADA

ORCHARD VIEW'S ANNUAL
Sweetheart
VALENTINE'S DAY Dinner & Dance
Saturday February 14, 2009

6:30 pm
We begin with a fine assortment of canapés & hors d'oeuvres
Glass of fine Champagne

7:00 pm
• Penne in a light rosé sauce
• Sweetheart salad in raspberry vinaigrette
• Your choice of Chicken Marsala, Filet of Atlantic Salmon or Roast Prime Rib of Beef served with roasted rosemary potatoes & fresh buttered vegetables
• Deluxe dessert plate for two
• Freshly brewed coffee and tea

An unforgettable evening for $100/couple
(including tax & service)
For reservations: 613.821.2675

ORCHARD VIEW
Reception & Conference Centre
6346 Deer Meadow Drive, Ottawa, Ontario K4P 1M9 (off Manotick Station Rd.)
Tel: 613.821.2675 | Fax: 613.821.4692
Email: info@orchardview.ca | www.orchardview.ca

Tuesday's
THE ROMANCE STORE

With items like Massage Candles, Sexy Lingerie and Quality Toys you are sure to find a way to make this Valentines Day one to remember!

WE-VIBE
10% off
Bring in this coupon for 10% off your We-Vibe Purchase! Not valid with other coupons or promotions. Coupon expires February 14th/09

20% OFF
all Lingerie
until Valentines day!

Shop online

tuesdaystheromancestore.com
1239 Wellington St. near Holland
613-761-6060

Cover girl

Michelle Obama is making history again — by becoming only the second first lady (the first was Hillary Clinton in 1998) to appear on the cover of Vogue magazine. Obama was photographed by Annie Leibovitz for the cover. **PEOPLE.COM**

Entertainment

Most bankable

Will Smith has been named the most bankable star in Hollywood. The actor topped Forbes.com's Star Currency list, which ranks stars according to their financial power at the box office. **FEMALEFIRST.CO.UK**

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Lily Allen is irresistible

EMI MUSIC PHOTO

It's Not Me, It's You, the second album from British pop star Lily Allen, was released this week.

Lily **Allen**

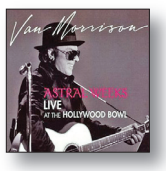
Album: It's Not Me, It's You
Label: Capitol/EMI
Rating: ●●●½

A POTTY-MOUTHED singer with the voice of an innocent school-girl, it's hard not to find Lily Allen appealing. She opens her second album with the dance-grooved Everyone's At It, a surprising condemnation of our pharmaceutical culture. Isn't this the same girl who just last month said cocaine was "no problem?" But it's this conniving flightiness that is so irresistible, especially when she's taking a non-judgmental look at conspicuous consumption (The Fear), discoursing on god (Him), or having a pleasant chat with the former president (F*** You). Lily also has some interesting ideas about sex, actually expecting to receive as much as she gives, both in quantity and quality. It's all right there with a synth-pop-country (yes, that's a banjo) flavour on Not Fair, even more so on the nasty Never Gonna Happen.

Graham Rockingham/for Metro Canada

Van **Morrison**

Album: Astral Weeks Live At The Hollywood Bowl
Label: Listen To The Lion/EMI
Rating: ●●●



VAN MORRISON'S MYSTIC masterpiece, Astral Weeks, has long been considered a musical landmark. Recorded in 1968, it's swirling vocals, improvisational themes and acoustic virtuosity broke acres of new ground. It was quite unlike anything that came before or after. So why then has Mr. Morrison released a live version? Not to make the lyrics any more clearer. Although his poetry is kindly documented in the liner notes, Morrison's mumble remains impenetrable. This live version is close, but no substitute. Which makes you wonder if Morrison released it more for business reasons, than artistic ones.

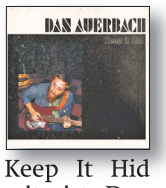
Graham Rockingham/for Metro Canada

Music**Reviews**

music@metronews.ca

Dan **Auerbach**

Album: Keep It Hid
Label: Nonesuch Records
Rating: ●●●½



CHOP THE BLACK Keys in half, and quiet ballads head-butt raucous, raw bluesy-rock. Keep It Hid frees singer-guitarist Dan Auerbach from his band's constraints, allowing for Raconteur-ish experiments with layered guitars, upright bass, keyboards, banjos and a crowd of friends and family. Some of the best moments in the album come through transitions between songs. The quiet acoustics of Trouble Weights a Ton contrasts with sludgy rockers like I Want Some More or The Prowl, as Auerbach uses sequence to play with tempo and atmosphere. In one head-nodding progression, mellow burner Keep it Hid butts against the shuffling My Last Mistake before rocketing to When I Left the Room's psychedelia and Street Walkin's Hendrix-influenced stomp. Mash-up!

Rob McMahon/for Metro Canada

Read additional reviews and listen to this week's reviewed music by following links at metronews.ca/music

CD WAREHOUSE.CA

DIVINE BROWN
LIVE TONIGHT
AT THE BLACK SHEEP INN

Includes the hit singles
"Lay It On The Line" and "Sunglasses"

SPECIALLY PRICED
AT ALL
CD WAREHOUSE LOCATIONS

KANATA
499 Terry Fox Dr.
(613) 599-4700

OTTAWA
1717 St. Laurent Blvd.
(613) 523-0110

NEPEAN
1383 Clyde Ave.
(613) 225-9027

Ottawa

I Want A Career That Advances

Customer Service Agent
Bilingual Technical Agent
Bilingual Sales CSR Agent

Convergys keeps growing. 2009 looks to be another great year and we need outstanding people just like you to join our team!

We offer:
- Competitive Start Rate
- Language Premium
- Pay For Experience
- 100% Employer Paid Pension Plan
- Up to 75% Match on Employee RRSPs
- Employee Stock Plan — No Vesting
- Medical/Dental/Vision

Not Your Typical Call Centre Opportunity

Apply today!
Fax: 613-667-1100
Ottawa.recruitment@convergys.com

Walk-Ins Always Welcome!
Monday – Friday, 8:30AM-3:00PM
1670 Heron Rd • Ottawa, ON K1V-0C2

CONVERGYS
Outthinking Outdoing

WIN

1 of 6 over sized diamond "Circle Of Life" empowerment necklaces

The Right Hand Gal ™
Casual Diamond Jewelry

www.therighthandgal.com

Ben Affleck | Jennifer Aniston | Drew Barrymore | Jennifer Connelly | Kevin Connolly | Bradley Cooper | Ginnifer Goodwin | Scarlett Johansson | Justin Long

he's just *not* that into you

In Theatres February 6

ALLIANCE

Go to metronews.ca and take Metro's Sex & Relationship columnist Josey Vogels' quiz to find out which *he's just not that into you* character you are most like and you could WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 10, 2009. Approximate retail value of prize is $599 each. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metronews.ca

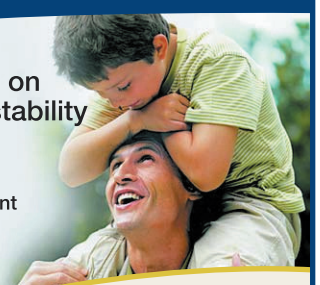
metro
Do it daily.

Oscar party
Madonna and Demi Moore are throwing an Oscars party. The pair will again team up with Moore's manager Guy Oseary for a glitzy bash on Feb. 22 following the success of the bash they threw last year at Guy's Los Angeles home. **FEMALEFIRST.CO.UK**

Entertainment in brief

TV About 40 per cent of the America's hundreds of TV stations will be broadcasting completely in digital signals next week, even after regulators delayed a mandatory nationwide switch to DTV by months. The Federal Communications Commission Tuesday said 681 of the nearly 1,800 television broadcast stations will have already stopped broadcasting in older, analog signals, or will by next week. The U.S. House of Representatives last week voted to delay the mandatory change by four months — to June 12 from Feb. 17. **REUTERS**

BDO
BDO Dunwoody Limited



Let BDO help you get on the road to financial stability

- **Avoid** bankruptcy
- **Consolidate** debt into one manageable monthly payment
- **Stop** interest
- **Stop** harassing calls from creditors
- **Protect** your home and car

Serving Canadians since 1958

Financial problems can happen to anyone. We will advise you about all of your options and find the right solution to alleviate your financial stress.

More people choose BDO than any other firm in Canada*
Free Consultation - Convenient, confidential appointments
The Elgar Building
200 Elgin St, Suite 903
613-235-5225
1-800-754-1579
*OSB Statistics
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators
www.bdodebthelp.ca

Dan Auerbach loosens up

The Black Keys guitarist goes big on solo album

ROB MCMAHON
for Metro Canada

GETTY IMAGES
Keep It Hid, the new album from Dan Auerbach, is now available.

Add Dan Auerbach's name to the list of members of blues-rock duos who go big on solo albums.

While it runs with the same attention to detail and musical traditions as his work with the Black Keys, Auerbach's new disc Keep It Hid punches up sonic contrasts and amasses more instruments and collaborators.

Take dynamics. When sequencing the album, Auerbach wanted songs to butt against one another. The track list set up like an album-focused LP from the '60s or early '70s. As a result, a rocker like I Want Some More unfolds with help from its relationship to predecessor Trouble Weights a Ton.

"I like records that have an ebb and flow — that act like scenes in a movie. I like it when albums start with quiet pieces, to get the music centred and the speakers balanced," he said. "(Album opener) Trouble Weights a Ton is quieter than other tracks, so you need to turn up your speakers to listen, which then makes the next song louder when it hits."

Auerbach sees the solo album as an extension of the Keys. Rather than he and drummer Patrick Carney working out songs, he turned to a bigger group, including the uncle who taught him to play guitar and singer Jessica Lea Mayfield. Speaking of a rationale that echoes Jack White's shift from the White Stripes to the Ranconteurs, the idea was to loosen the Keys' self-imposed restrictions.

"I'm not trying to reinvent myself, I just want to work with other people … (and do things) there isn't an opportunity to do with the Black Keys," said Auerbach.

Like family stories passed around at reunions, Auerbach sees music as transferring ideas between generations, reinterpreted at each juncture but consistently referencing the past. For example, Whispered Words, which was written by his father, features guitar, drums, and an upright bass playing live as an homage to Motown.

"Music is grammar, language, and it's passed on, generation to generation," he said. "We played Whispered Words live in the studio, and cut it to mono stereo. I love that, and it's not something the Black Keys could do. We record live, but not live to mono … in the Motown recording style."

The Embassy of the Czech Republic
is proud to present
one of the greatest chamber music
groups in the world:

Pražák Quartet

This special concert is brought to you
in the framework of the cultural presentation
during the Czech Presidency of the European Union
in cooperation with the Ottawa branch of
the Czech and Slovak Association of Canada

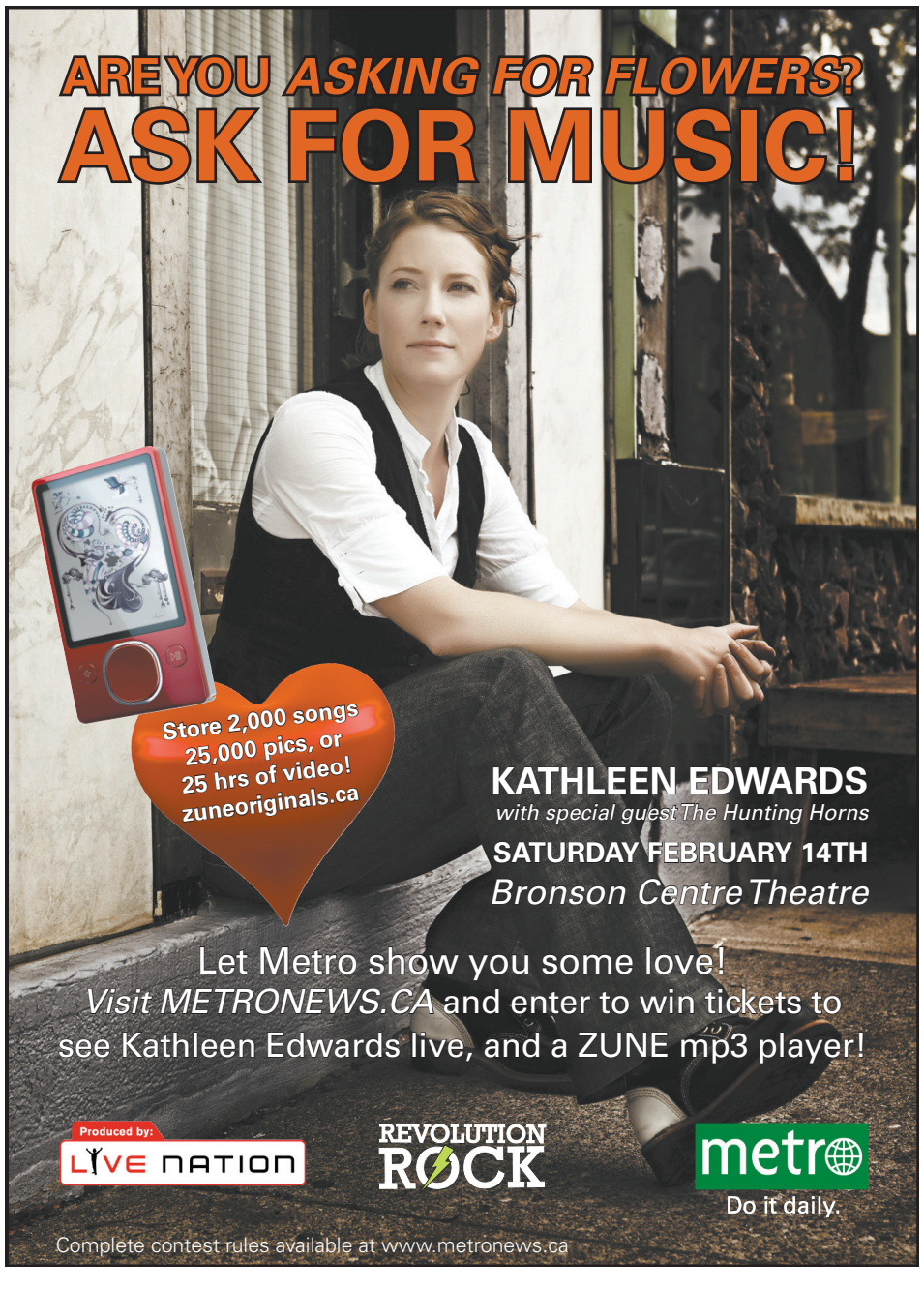
Tuesday, March 3, 2009 at 7 p.m.
Dominion-Chalmers United Church
355 Cooper Street, Ottawa

Regular Admission$15
Students & Seniors $10

Tickets available at the door
Doors open at 6 p.m.

For more information, visit: www.mzv.cz/ottawa

CZECH AND SLOVAK ASSOCIATION OF CANADA
EU2009.CZ



Romeo and Juliet stokes knife fears

THEATRE The director of a production of Romeo and Juliet at Shakespeare's Globe Theatre in London consulted police chief on Wednesday over fears that free shows for 10,000 teenagers may unwittingly glamorize knife crime.

Bill Buckhurst discussed the violent plot with Metropolitan Police Commander Steve Allen.

"The play contains scenes where two young men die from rival families and the director wanted to involve police because of comparisons with current real-life situations in terms of knife crime," a spokesman for the theatre said.

He said the play that runs from March 9-13 at the rebuilt open-air theatre on the banks of the River Thames in London is a special educational production. The plot will not be altered but the director will take on board police recommendations about the use of knives to make sure the production is not seen to glorify violence.

"We wanted to raise awareness and wanted to handle the subject responsibly," the theatre spokesman said. **REUTERS**

Your bloody Valentine

Do you have what it takes to survive?

MattersofHeart

Valentine's**Day**

The surest way of surviving Mandatory Romantic Gesture Day is being a little less of a schmuck to your beloved the other 364 days of the year.

Here we go again. Feb. 14 pitilessly approaches gentlemen, and you have to think of something fast. I, of all people, have been assigned to help you. This may not end well.

The entire premise that the romantic onus is on you may seem sexist, but in my experience, women have very little to worry about on Valentine's Day, apart from how abjectly you're about to blow it. The ideal gift for most guys I know is the same thing every year. (Two hints: It costs nothing and fits perfectly).

For you, things are trickier. On Monday, my Metro colleague Anne Hines offered some perceptive if terrifying advice: "Begin with the gift. The gift is vital. But do not stress yourself thinking a gift has to be big or expensive. It just has to be perfect … To a woman, a gift says, 'This is how I see you. This is how I feel about you in my deepest most truthful heart of hearts.'"

Yeah, thanks, Anne. That's a load off. Just find the flawless, enduring symbol of your souls entwined. In a store somewhere. By Saturday. Shall I compare thee to this heart-shaped pendant thou shalt never wear again?

Even if by some miracle or fluke you nail it this year with the perfect gift, the perfect day, the perfect words, what about next year? How are you going to top yourself?

The surest way of surviving Mandatory Romantic Gesture Day is being a little less of a schmuck to your beloved the other 364 days of the year, and hence having less to make up for with this annual Hail Mary. This does you no good right now, of course, and for that I am truly sorry. You should probably stop wasting your ever-shortening time reading this.

Also, never underestimate the power of dumb luck. That was my way out, my only way. I found someone so perfect for me that, among her many thrilling virtues, she hates the pressure of these occasions, too, so we skip them. (This, I know, is no good to you either. You can't have her.)

Neither of us has ever broken down and unilaterally bought a surprise gift, thereby violating our mutual non-aggravation pact and upending our domestic nirvana. Even as our friends mock our lameness, we smugly congratulate each other on having beaten the system.

But she's got a birthday coming up, a big one.

Here we go again.

Steve Collins lives, writes and walks in Ottawa.

GlobalStyle

Exclusively at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

EMPLOYMENT

AMERICAN FABRICS INTERNATIONAL
is looking for:
• ACCOUNT MANAGERS
• PAYROLL ASSISTANT
• SALES REPRESENTATIVES
REQUIREMENTS
Must be computer literate, efficient and dedicated.
If you are interested and need more information please send e-mail to:
american.fabrics.int@gmail.com

YOU COULD WIN
A BLU-RAY PLAYER and a COLLECTION of BLU-RAY MOVIES
featuring
NIGHTS IN RODANTHE

GRAND PRIZE:
A Blu-ray player and collection of Blu-ray movies:
Nights In Rodanthe, PS I Love You, Fool's Gold, Rumor Has It, The Lake House and No Reservations
SECONDARY PRIZES:
Nights in Rodanthe DVD
VILLAGE ROADSHOW PICTURES
VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!
No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes February 14, 2009. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.
metro Do it daily.

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/12/09 primetime	265	353	2	TVO	e2	e2	The Agenda With Steve Paikin		Blackpool		Masterworks "Alice Neel" (N)		
	211	331	3	GTV	ET Canada	Entertainment	Survivor: Tocantins (N)		The Office (N)	Kink in Hair	The Unit		News (N)
	-	-	5	SRC	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		M pour musique (N) (SC)		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Wife Swap (N)		Eleventh Hour (HDTV) (N)		(10:02) Private Practice (N)		News (N)
	196	311	7	CTV	Hollywood	etalk	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		ER "The Family Man" (N)		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	ER "The Family Man" (N)		News (N)
	117	713	10	TVA	Histoires-filles	Star Académie:	La Classe de 5e (HDTV)		Taxi 0-22 (SC)	Caméra café	TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Grande fille	Un monde bête	*La Menace du tigre* (2007, Suspense) Gary Busey, Ty Wood.				Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama		Météo	Nouv. mondes	*L'Air de Paris* ★★★ (1954, Drame) Jean Gabin, Arletty.				Volt
	-	362	13	CBS	Dr. Phil (HDTV)		Survivor: Tocantins (N)		CSI: Crime Scene Invstgtn.		(10:01) Eleventh Hour		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Ugly Betty (N)		30 Rock	30 Rock	Hell's Kitchen		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	2009 Orange British Academy Film Awards				News (N)
	-	361	20	ABC	News (N)	Entertainment	Ugly Betty (N)		Grey's Anatomy (N)		(10:02) Private Practice (N)		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	The 40th NAACP Image Awards (HDTV) (Live)				News (N)		News
	-	-	64	PBS	Business Rpt.	Energy Efficie	Yes, Minister	Time Goes By	Monarch of the Glen		Poirot "The Dream"		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		ER "The Family Man" (N)		News (N)
news	502	390	26	NW	CBC News	Newman	Road to the Games (N)		CBC News: The National		Living City: A Critical Guide		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	NHL Hockey Ottawa Senators at Philadelphia Flyers. (HDTV) (Live)					Overtime	Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Westminster Kennel Club Dog Show "Opening Night" (HDTV)						SportsCentre	
	410	403	52	SCR	NBA Basketball Miami Heat at Chicago Bulls. (Live)					NBA Basketball Boston Celtics at Dallas Mavericks. (Live)			
	411	457	56	OLN	Dog the Bounty Hunter		Survivorman		Mantracker		Dog the Bounty Hunter		Survivorman
	417	406	59	SC	NASCAR Racing: Camping World Truck Series Qualifying				NASCAR Racing Sprint Cup -- Gatorade Duel at Daytona. (HDTV)				
family	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*The Matrix* ★★★ (1999, Science Fiction) Keanu Reeves.			
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Futurama	Zixx Level	Prank Patrol	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Back In	AC/DC: No Bull			Revival	Confessions of a Teen Idol		Listed
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Beast (HDTV) (N)		The Beast
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		TNA iMPACT! (HDTV) (N)				CSI: Crime Scn
	521	560	34	TLC	Sports Disasters (HDTV)		Overhaulin' (HDTV)		Street Customs (HDTV) (N)		Heli-Loggers (HDTV) (N)		Street
	145	761	35	TV5	Fourchette et sac à dos		Club social		Complément d'enquête "Gare aux escrocs"			À comm	Journal TV5
	616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Grandma's Boy* ★ (2006, Comedy)		
	620	523	40	BVO	Camera	Snapshot	Bathroom Divas-Opera Star		*Metal: A Headbanger's Journey* (2005)			Manitowapow	Law & Order
	520	505	42	DIS	Daily Planet		Machines of Malice		Machines of Malice		MythBusters		Daily Planet
	575	583	43	CMT	CMT Greatest Tear Jerker		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly
	601	562	45	SLC	Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10	The Biggest Loser		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	*Domestic Disturbance* (2001, Suspense)		
	600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes-Homes
	627	528	50	SPC	Rabbit Fall	Rabbit Fall	Lost		Star Trek: Voyager		Zombiemania		Stargate SG-1
	581	566	53	MTV	Mom & Dad	After	MTV News	Cribs	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live
	618	524	54	TROP	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "Hung Out to Dry"		Lost Worlds		Deep Wreck Mysteries		NCIS "Hung Out to Dry"		Ancestors
	129	773	60	CD	Biographies "Wilfrid Derome"		Les Procureurs (HDTV)		Alliance meurtrière		Histoires de crimes		Catastrophe
	261	394	61	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*Kiss Me Goodbye* ★★ (1982, Romance-Comedy)				Poltergeist
	602	567	62	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design-Basements		Maxed Out
	269	350	70	APTN	Suaangan	Wapos Bay	By the Rapids	renegadepress	*Divine Secrets of the Ya-Ya Sisterhood* ★★ (2002, Comedy-Drama)				
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Creepiest Couples		The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes

critics'corner

Metal: A Headbanger's Journey
Is it the devil's music? Does it drive impressionable teens to commit violent crimes and suicide? In this documentary, anthropologist and self-described metalhead Sam Dunn turns his camera on heavy metal and the people who make it to explore the myths surrounding this musical genre and its hold on fans. Alice Cooper and the guys from Black Sabbath, Twisted Sister and Rage Against the Machine are among those interviewed. 9 PM on 40 BVO

The 40th NAACP Image Awards
It's the Berry and Perry Show! Oscar-winning actress Halle Berry and actor-screenwriter Tyler Perry share hosting duties for this milestone edition of the awards celebrating diversity in the arts and honoring achievers of color. Two Nobel Peace Prize winners, former Vice President Al Gore and Kenyan activist Wangari Muta Maathai, are this year's recipients of the Chairman's Award. This is also a milestone for the NAACP: its 100th anniversary. 8 PM on 36 FOX

Paris sees the light... er, Twilight

Paris Hilton finally gets all the fuss about the movie Twilight. She recently saw the hit film and is now smitten with Robert Pattinson. "Now I understand all the hype. I just didn't get it before, but now it all makes sense," Hilton told E! News. METRO NEWS SERVICES

Celebrity Buzz

Courtney's moving to London

RELOCATION Courtney Love is moving to the U.K., femalefirst.co.uk reports. The former Hole singer is growing tired of life in Los Angeles and is planning to buy a house in Britain for her and daughter Frances Bean, 16.

Courtney said: "Buckinghamshire is where I want to go. I read Country Life magazine every week. I'm fed up with Los Angeles. It's full of crazy people. People criticize Britain but it's still a cleaner, safer place to live than Hollywood." However, Courtney, who's also looking at London properties, will only move if arch-rival Madonna remains in her native America, where she has been since splitting from director Guy Ritchie.

She added to Britain's Daily Star newspaper: "Madonna had better stay the hell away from London when I move here to live. There's no room for us both."

METRO NEWS SERVICES

Harry's in hot water yet again

BEHAVIOUR After putting his foot in his mouth with comments about a Pakistani army officer, Prince Harry is now under fire again for another racially insensitive remark, having apparently told a comic, "You don't sound like a black chap," people.com reports.

Harry, allegedly attempting to be funny, delivered the line in November, when black comedian Stephen K. Amos performed at Prince Charles' 60th birthday party. Amos spoke about the incident this week on a U.K. chat show. At the time, recalled Amos, "I wanted to say, 'How is I supposed to sound?'"

Reaction to the exchange has been strong. "Many young people will be disgusted by his remark," said Naomi Byron, national secretary of Youth Against Racism in Europe, reports the U.K.'s Daily Mirror.

"But it is not just Prince Harry that is at fault. The aristocratic, rich circles he moves in obviously don't have a problem with this kind of racist stereotyping."

METRO NEWS SERVICES

Rihanna cancels Jakarta concert

FALLOUT Rihanna's concert scheduled in Jakarta today has been cancelled, the show's tour promoter has announced — citing "an assault case involving Rihanna's boyfriend," singer Chris Brown, people.com is quoting published reports as saying

Rihanna, 20, withdrew from performing at the Grammys on Sunday — the same day Brown, 19, was arrested and charged with making a criminal threat. He was subsequently released on $50,000 US bail.

On Tuesday, her show in Malaysia was similarly canceled. The Jakarta cancellation marks the second time Rihanna has pulled out of a concert in the Indonesian capital. In November, the show didn't go on after the Australian government issued a travel warning in the wake of the executions of the three men convicted of the 2002 Bali bombings. People.com is also reporting that new details have emerged about the midnight altercation between Brown and Rihanna that led to Brown being booked on a felony criminal threat charge on Sunday.

"Chris knocked her around," a source close to the couple tells People magazine. "Black eye, blood, bruises. She had to be treated by a doctor."

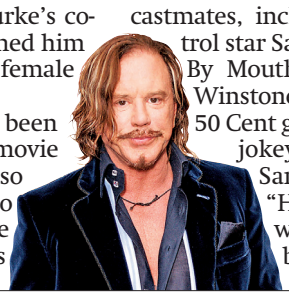
The site also alleges a police source has confirmed to People the singer suffered a black eye as well as "a swollen split lip and two red and purple contusions on either side of her forehead."

The website continues by saying the source, who described police photos of Rihanna, added, "She looked distraught and in a lot of pain. Her eyes were closed because she was looking down." METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Rourke's new nickname: Half Day Mickey

ANTICS Mickey Rourke's costars have nicknamed him Half Day Mickey, female first.co.uk reports.



The actor has been working on new movie 13 but had to take so much time off to promote The Wrestler that his castmates, including Control star Sam Riley, Nil By Mouth actor Ray Winstone and rapper 50 Cent gave him the jokey moniker. Sam revealed: "He was always jetting back and forth so we called him Half Day Mickey. "He'd always p— off and do whatever it was he was meant to be doing somewhere else.

"I think he really feels lucky and he's just milking it for all its worth. And good on him."

METRO NEWS SERVICES

Surgery prep procedure leaves Usher's wife in grave condition

ILLNESS Usher's wife reportedly suffered cardiac and respiratory arrest during a liposuction operation, femalefirst.co.uk is reporting.

Tameka Foster was due to undergo the cosmetic surgery at Sirio-Libanes Hospital in Sao Paulo, Brazil, last Friday but fell seriously ill when she was being anesthetized for the procedure.

She was then induced into a coma for 24 hours, and is now said to be recovering, the gossip website alleges. A spokesman for the hospital refused to comment on the allegations published by Brazilian news website G1, saying: "The family has demanded total privacy. The hospital is barred from giving any information."

Usher cancelled concerts in the U.S. and rushed to his wife's side as soon as she fell ill. METRO NEWS SERVICES

Josh Groban says he's 'perpetually single'

DATING Fans may swoon over his soulful singing, but Josh Groban is still unattached, intouchweekly.com reports. "I seem to be perpetually single," the baritone bachelor said at a recent MusiCares Tribute. METRO NEWS SERVICES

Dane stays mum on co-star rumours

DEPARTURES With rumours swirling that Katherine Heigl and T.R. Knight are leaving Grey's Anatomy, Ellen DeGeneres tried to get answers out of co-star Eric Dane when he stopped by her show. But Dane remained mum. METRO NEWS SERVICES

Jessica's 'so happy' with new curves

IMAGES During Jessica Simpson's first live TV appearance since her much-scrutinized weight gain, us magazine.com reports, the singer said of her new curves: "Honestly, I am right where I'm supposed to be. I am so happy." METRO NEWS SERVICES

Clooney said to be dating Bhutto's niece

ROMANCE Actor George Clooney is reportedly smitten with Fatima Bhutto, 26, the niece of slain Pakistani leader Benazir Bhutto. The two met at an international conference last year, according to the National Enquirer. METRO NEWS SERVICES

Hot & Fresh pizza pizza
www.pizzapizza.ca

ALL DAY EVERYDAY VALUE DEALS!

$2.99 walk-in only. taxes extra.
slice + pop
cheese or pepperoni & 355mL pop

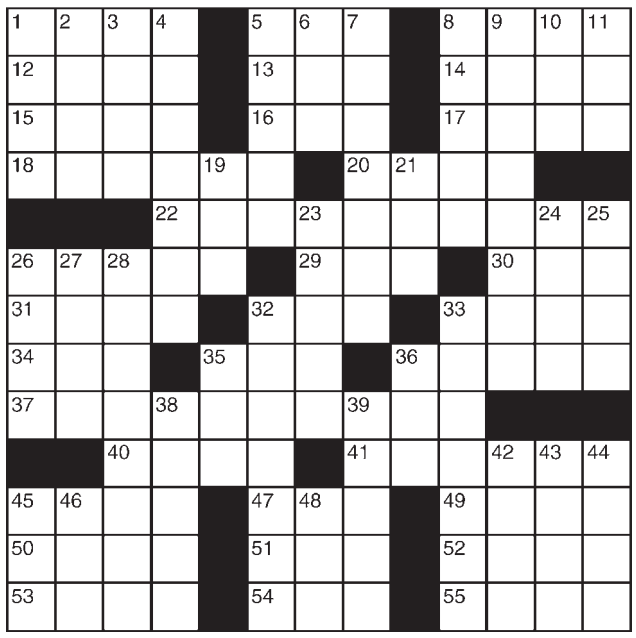
$4.99 walk-in only. taxes extra.
10" pizza
cheese and any 1 topping

$6.99 walk-in only. taxes extra.
12" pizza
cheese and any 1 topping

The Weather Network 20 YEARS
TWN incorporates MSC data
Today Rain 3°/ -10° 90%
Friday Mainly sunny -6° / -13°
Saturday Mainly sunny -4°/ -16°
PLAN YOUR LUNCH WISELY... Download WeatherEye™ Today!

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5				1				8
	1				9	3	5	
	6		2	7				
	3					5		
1		5				2		4
		7					6	
				6	8		2	
	2	3	1				4	
9				4				5

Crossword across

1 Seed covering
5 Shrill bark
8 State with conviction
12 Conflagration
13 Leading lady
14 Bygone VHS alternative
15 Oriental nursemaid
16 Scratch
17 St. Louis landmark
18 Call a spade a shovel?
20 Price
22 Woman of letters?
26 Horsey laugh
29 The whole enchilada
30 Gear tooth
31 Benedict XIV, e.g.
32 Expert
33 Enthusiastic
34 Tackle the comestibles
35 "Whadja say?"
36 Wise lawgiver
37 Staff-meeting prop, often
40 Options list
41 Render defenseless
45 Leno's prominence
47 Pi follower
49 Otherwise
50 TV clown
51 Pinch
52 Exploding star
53 Crystal gazer
54 Collection
55 Agcy.

Crossword down

1 Somewhere out there
2 Frost
3 Persia, now
4 English Channel port
5 Mocha's country
6 Actress Gardner
7 Fabric used for sheets
8 Disconcert
9 Upright
10 List-ending abbr.
11 "Go, team!"
19 Wrestling surface
21 Pussycat's partner
23 Topped chip
24 Not "for here"
25 Big Apple cardinal
26 Jet forth
27 Ancient mariner?
28 Make as good as possible
32 Moderate brown shades
33 Unexpected blessing
35 Coop denizen
36 — Lanka
38 Choir member
39 Take as one's own
42 Burn soother
43 Answer an invite
44 Vegan's no-no
45 Couric's employer
46 Weeding tool
48 Waste not a moment

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	9	2	4	8	7	1	3	6
8	3	6	5	2	1	9	4	7
7	1	4	6	3	9	8	5	2
3	5	1	8	4	2	7	6	9
2	7	8	9	5	6	3	1	4
6	4	9	7	1	3	5	2	8
9	6	3	2	7	5	4	8	1
1	8	7	3	6	4	2	9	5
4	2	5	1	9	8	6	7	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Sizzling Beef Fajitas

INGREDIENTS:
50 ml (1/4 cup) fresh lime juice
5 ml (1 tsp) chili powder
4 ml (3/4 tsp) oregano
4 ml (3/4 tsp) ground coriander
1 ml (1/4 tsp) black pepper
375 g (12 oz) well-trimmed beef sirloin
2 large onions, thickly sliced
2 large red peppers, cut lengthwise into flat panels
50 ml (1/4 cup) minced cilantro
4 flour tortillas, about 18 cm (7 in.) each
1 l (4 cups) shredded romaine lettuce
50 ml (1/4 cup) sour cream

METHOD:
1. Combine lime juice, chili powder, oregano, coriander and black pepper in medium bowl.
2. Place beef in shallow bowl and spoon 2 tbsp lime mixture on top; turn to coat both sides. Let stand while broiling vegetables.
3. Preheat broiler. Spray broiler pan with non-stick cooking spray. Place onions and pepper pieces, skin-side up, on broiler pan. Broil 10 cm (4 inches) from heat until peppers are charred and onions are golden brown, 10 minutes. Remove, and when cool enough to handle, peel pepper and thickly slice. Add peppers and onions to lime juice mixture in bowl. Add cilantro and toss.
4. Broil beef to medium, eight minutes, turning once. Let stand five minutes, then thinly slice. Broil tortillas until lightly browned, 15 seconds per side.
5. Place beef, peppers, onions, lettuce, sour cream and tortillas in serving containers. Let each person fill his or her own tortilla.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Use humour with a new admirer. A puzzling professional will create an amusing invention. Tread softly around an ailing person.

TAURUS
APRIL 21-MAY 21
Protect yourself when dealing with legal issues. Don't push your ideals in a war between rookies. A person makes an insensitive comment.

GEMINI
MAY 22-JUNE 21
You must be patient with unreliable people. It's not a good time to make light of serious problems. A comical grumbler will set a date with you.

CANCER
JUNE 22-JULY 22
Guidance comes to you in unusual ways. Don't announce your intentions to strangers. Make sure that that your reality check doesn't bounce.

LEO
JULY 23-AUG 23
Avoid snooping and being too serious. An irritated friend is especially sensitive to teasing today. Something that happens will astound you.

VIRGO
AUG 24-SEPT 22
You'll get a surprise if you forgot something. Don't be unnerved by a strange event. Frustration with obsolete rules won't be eased by fighting.

LIBRA
SEPT 23-OCT 23
Someone's admiration gives you some pleasure. You need to think about what went wrong. Relationship decisions perplex you and cause delays.

SCORPIO
OCT 24-NOV 22
A blissful guy makes you a tantalizing offer. A funny girl gives you a helping hand. A man has something valuable to share.

SAGITTARIUS
NOV 23-DEC 21
Independence is more important when procedures change. Don't delay fixing damaged equipment. Unexpected events keep you hopping.

CAPRICORN
DEC 22-JAN 20
Today's miserable moments will soon be forgotten. Kindred spirits will meet your challenges. You'll be enthusiastic when amazing things unfold.

AQUARIUS
JAN 21-FEB 18
Accept a kind invitation from an encouraging friend. Be sincere when praising somebody. Financial plans must be adjusted as soon as possible.

PISCES
FEB 19-MARCH 20
You can be sure that your hard work will build up a project. Think hard before refusing an invitation. Slow down before making decisions.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter-squares. The number after the definition tells you how many syllables in each word.

1. Fireplace wood monopolizer (1)
2. House-in-the-woods yakkin' (2)
3. Union-Rebels conflict task (1)
4. Rescues 1860's plantation workers (1)
5. President Abe flutterin' his eyelids (2)
6. Assassin John Wilkes's verified facts (1)
7. Withdrawal-from-the-Union economic downturn (3)

ANSWERS
1. LOG HOG 2. CABIN GABBIN 3. WAR CHORE 4. SAVES SLAVES
5. LINCOLN BLINKIN 6. BOOTHS TRUTHS 7. SECESSION RECESSION

2-12-09

This day in history

FEB. 12, 1870: Women gain the right to vote in Utah Territory.
FEB. 12, 1909: The National Association for the Advancement of Colored People (NAACP) is founded.
FEB. 12, 1934: The Austrian Civil War begins.
FEB. 12, 1990: Carmen Lawrence becomes the first female premier in Australian History when she becomes premier of Western Australia.
FEB. 12, 1999: President Bill Clinton is acquitted by the United States Senate in his impeachment trial.
FEB. 12, 2000: Charles Schultz's famous comic strip Peanuts prints its last comic.

METRO NEWS SERVICES

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic

JOHN. D. Quoc DTCM., C.A.c., D.A.c., B.S.c., B.P.h., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massotherapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:

Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, **Fybromyalgia,** Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, **Migraine,** Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, **Back Pain,** Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc.

Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

Choice of Shades

Black Honey Plums or Air Kiss Pinks

Yours FREE** with any Clinique purchase of $26.50 or more.
Value $60.

CLINIQUE BONUS

ONLY AT THE BAY

It's Clinique Bonus time.

They're two of Clinique's most-requested shades and now you can get a coordinated **Black Honey Plums or Air Kiss Pinks** makeup look for face and lips – even a matching cosmetics bag. All this plus treatment essentials for fresh spring skin.

It's a Bonus you won't want to miss.

Receive
5X Hbc Rewards points*
on any **Clinique** purchase of $50 or more (before taxes).

Give yourself a gift - Instantly redeem your 80,000 points for a $10 Bay Gift card to use towards your next cosmetic or fragrance purchase.

For your purchase, may we suggest...
CLINIQUE HAPPY A hint of citris. A wealth of flowers. A mix of emotions. Wear it and be happy.
100 ml Perfume Spray **$66.50**
200 ml Body Cream **$39**

*Total points = 5 x (dollar amount x 50). You will receive 250 points per dollar spent. This offer cannot be combined with any other bonus offer. If you refund the purchase(s) made in connection with this offer, points will be reduced by the bonus amount, using the same formula. Terms and conditions of the Hbc Rewards program found online at www.hbc.com/rewards apply to this offer. ** Quantities are limited. One bonus to a client, per event. While supplies last. Offer ends February 22, 2009.

BEAUTY *at the Bay*